



In the running
Cross-country team does well at provincials. Page 15

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Down in the mouth
Beginning/intermediate students in class. Page 6

APRIL 14, 2014

CONTRIBUTOR: COLLEGE JOURNALISM

WITH CONTRIBUTION BY COLLEGE JOURNALISM

WEDNESDAY, APRIL 14, 2014

Preventing plagiarism

BY JOURNALISM STUDENTS

Submitting a paper through Turnitin can be a scary experience for many students. They panic about being accused of plagiarism or improperly citing sources.

Local universities are the latest to launch programs as a way to teach students who plagiarize which involves passing off someone else's work as their own or improperly citing sources. Most students never find out, the results are not only punished by their teachers if they realize it is in question.

Capitola College has a different plan for Turnitin.

"We're trying to reverse that," said Bob Carley, senior vice dean of academic affairs. "We're not here to catch people who are late to work class."

The difference at Capitola is that students will be able to run their papers through the program to avoid issues as they make their way to the writing stage. Then they can make paper changes before being in their work.

Instructors will need to register the class and assign papers to the Turnitin website so that students can submit their work. It can also be accessed through Angel, a web-based tool that helps manage and access papers at Capitola. It will be left up to instructors whether they

wish to use Turnitin, but they will have to make it available if a student requests it.

Carley took part in a roundtable discussion with Victor Tuma, a communications teacher at the local media program, and Gordon Grosz, chair of communications and liberal studies. Grosz is also a member of the Western Regional Academic Integrity Council, a group that meets a few times a year to set a policy for writing like plagiarism and cheating in their class. They also for the school boards know the importance in providing students to they can prepare their students in addition to the students who plagiarize. Capitola then an members from the local public and private school boards, Willye Lauer University and University of Waterloo.

Grosz hosted the roundtable discussion and wrote workshops to know what students are available to them, especially ones that help students avoid plagiarism.

According to the website, Turnitin was developed by a group of teachers, computer scientists, business professionals and program designers dedicated to reducing the spread of academic plagiarism. The program uses an Internet database of books, websites, documents, and other sources.

and previously submitted papers. Results are then color-coded based on the degree of plagiarism to which that paper is identical and as a score. The program is used by more than half of the world's universities and is available in 10 languages and in more than 15 billion pages of web content and over 60,000 subscription-based journals and periodicals.

Tuma began giving presentations about Turnitin to local schools last year and gave them some guidance.

"I teach my students to interpret the results," she said. Tuma explained that instructors cannot just look at the percentage of plagiarism detected, but must truly look at the paper. Gross highlighted items on properly cited quotations are missing, but clearly these were not intentional plagiarisms.

Grosz compared Capitola's use of Turnitin to Ontario's (University of Waterloo) Police (UWOP) program, which is used mainly for educational purposes and not a program, not just a program, but a program. Gross said that the program can run their work through the program as a form of plagiarism, but to determine if they are giving proper credit to sources. Carley said that the program is not a database of books, websites, documents, and other sources to make any changes.

Carley highlighted that copying may be "undetectable" because students don't really know how to properly cite sources and make sure they've included them. He also stressed that the program should be considered as a "student resource" put into the Library Resource Center.

Students can use the writing center in the Learning Commons for more information about proper citation and strategies for planning and writing papers.

"Maybe they don't realize it needs to be referenced," Carley said. "We'll provide them the things they don't know."

An example is a previously published writer, which will be added to the college's website or handbook highlighting that Turnitin is available to students and instructors at a local.

RAISING MONEY TO HELP THE UNITED WAY



PHOTO BY JOURNALISM STUDENTS

On April 3, students supported a United Way fundraiser by donating money to purchase a United Way flag for the Student Life Club. It was the first of four events that month. Above, one lucky student makes a successful throw into the target. In 11 following, who won a hard hat for protection, the college has supported its fundraising goal of \$40,000.



PHOTO BY JOURNALISM STUDENTS

While it may have been raining a replica of the United Way flag, the four business students (Student Life Club) were making more than a United Way flag. For 35 people got there about, each every pool would contribute towards a target, which would be used to raise money. Students and his fellow classmates were helping raise money for the United Way.



PHOTO BY JOURNALISM STUDENTS

Bob Carley, left, executive dean of academic affairs, and George Grosz, chair of communications and liberal studies, meet after a discussion about Turnitin, an Internet-based computer program used to detect plagiarism. Capitola offers the program to students as a tool to help them avoid plagiarism and properly cite sources. It will be left up to instructors whether they

Olympic controversy

By ALEX COOPER

With the Olympic torch making its way across the country, there are many different views on the Winter Games and what they mean.

A sense of pride overwhelms many Canadians who are thrilled that Vancouver will host winter and summer from a point of view.

For others it will be a chance to cheer for our talented athletes who dream of taking their place on the world stage and having their gold medal placed around their neck.

But for many others, it will be a black mark on Canadian history.

The Olympic was supposed to cost just under \$2 billion, however, as with every budget, costs exceeded original expectations.

Vancouver's mayor Gregor Robertson, recently announced that the city taxpayers will be responsible for up to \$1 billion of the construction costs.

The city maintains the money will be recovered when the tickets are sold after the games. If they sell.

Another issue is the possible contamination of home business in Vancouver, or rather, manufacturing activities associated in businesses such as printing and publishing.

Thus as being considered to promote a cleaner city for all the tourists who will be at the Olympic Games.

Homeless people will also be removed from security areas during the games as well offend eyes on the street. Those who refuse to leave will be arrested.

It doesn't quite read like a game, which halts other economic or an attempt to make the city look prettier for tourists, but it's close.

As for tourists, there will be more in people than in dollars. Vaughn Palmer of the Vancouver Sun reported that the world will focus on economic growth and job creation will be a more and more of a focus.

There is also the unfortunate native people with claims that the 2010 games are being hosted on stolen native land.

While the B.C. government and native groups have signed the treaty, many natives have taken it upon themselves to protect the Games and any corporate sponsors associated to them.

The Olympics will no doubt bring the spotlight a bit on the province of British Columbia and British Columbia and a short lived boom then on the arm, but what will be the long term effects for it?

Hopefully they won't leave taxpayers buried in debt.

The recent news reported the position of the mayor, not necessarily the nation.



Will The Olympic Games in Vancouver be worth the billion-dollar price tag?

H1N1 hype overblown

Over the past several months Canadians have been inundated with information about the H1N1 virus. Listings of vaccine sites, news and stories, including on the inside our health have become a feature on television and in newspapers. Every detail and most interesting related to the virus is covered minutely by media outlets across the world.

Is the hype blowing the virus issue out of proportion?

What we do know is that H1N1 is a deadly virus. According to the Public Health Agency of Canada, over 150 people infected with H1N1 have died and more than 1,000 have been hospitalized.

While these numbers are substantial they need to be put into perspective. Between 2000 and 2009 people in Canada die each year from the flu. The flu is no match when compared to other attacks though which kill over 17,000 Canadians each year.

Furthermore, many deaths related to H1N1 are due to pre-existing conditions.



Chris Bell
Opinion

which the vaccine may or may not have been a boost.

The best advice is to deal with the flu season in the above that our bodies tell you to do. Wash your hands often, eat a healthy diet and cover your mouth when you cough. If you get sick you should stay home, drink lots of fluids and get plenty of sleep.

Don't tell any of this to the drug companies who are making massive profits on the new H1N1 vaccine.

Pharmaceutical company GlaxoSmithKline has received orders for 100 million doses of its version of the vaccine worth \$1.5 billion.

Most versions of these vaccines contain ingredients which are chemical compounds that boost the human body's immune response and offer higher doses of vaccine

to be administered. These ingredients are relatively new and 100% data is available regarding their safety.

Given that the country have quality care out of the vaccine and people have had to wait in lines for hours to receive it, likely one morning I witnessed one such clinic, where people were forced to wait outside standing in the cold for hours waiting for the type of surgery that would make you sick in the first place.

I will concede that there is a high risk for the virus such as pregnant women and health-care workers are likely to contract vaccine.

However, given people have had to wait in lines for an emergency trip and one that will cost taxpayers millions of dollars.

So am I willing to leave the vaccine and stand in line for a vaccine with ingredients to ensure that one vaccine which was created for a virus that has killed a fraction of the number of people the virus has? The answer is a resounding no.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the author. Writers will be expected to use the phone to discuss any and all issues with the editor. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Spoke, Spoke 200 (Open Valley Dr., Room 2020) Vancouver, B.C. V6T 1A6.



SPOKE

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Pan Am Games a bad idea

Toronto lost the bids for the 1996 and 2000 Olympic Games, but there doesn't look much when they were awarded the 1994 Pan American Games, with 22 of the 54 votes.

The Pan Am Games is a sporting event held a year before the Summer Olympics for athletes from across North, Central and South America.

I look at the games like an overhead wedding.

Everyone has to shell out money especially the bride and groom, who aren't living within their budget at the best of times. There is a year of anticipation and buildup for an overjoyed day that everyone will be paying off for a very long time.



Lisa Taylor
Columnist

The wedding cake is not just there never mind the rest of the wedding making me think it may be time to skip the show and put the money directly where it's needed.

Just like with a wedding the Pan Am Games is going to be a costly venture for all three levels of government. Taxpayers, ultimately, will bear the brunt of it and the benefits of jobs created and profits from tourism won't be equal to the money put into

the event. I think most of us have had of better things the government could be spending \$2.4 billion on.

The Montreal Post reported the grassroots coalition. No Games Toronto argued the Pan Am Games will leave us with swamping debt and divert resources away from more pressing issues like homelessness, lack of urban bus and social housing.

The event will take place in 17 different cities across the Golden Horseshoe with venues from Oakville to Niagara Falls and St. Catharines will be open to area to add appropriate existing infrastructure are throughout those areas. Although new and upgraded facilities would be nice, we not only have to build them,

we also have to maintain them for years to come and at what cost? It wasn't that long ago that Toronto was closing community centres because they couldn't afford to maintain them.

The athletes village will cost another \$1 billion, accommodating 8,500 athletes and team officials. The sports and recreational facilities will include a recreation centre, a 50m pool, a 50m track, parks and walking, swimming and cycling trails, as well as indoor sports, restaurants, medical facilities, banks and entertainment areas.

The plan is to later use the village as high quality affordable housing, a good idea in theory, but regular

people don't need athletes facilities of this calibre. Anyone who needs affordable housing doesn't have the disposable income for regular use of restaurants, retail and entertainment, especially with the high living costs associated with Toronto. They could better use a grocery store and affordable child care facilities. Who will the patrons of this village be?

The games will bring tourism but also chaos, it already takes three times as long to get into and around the city during rush hour than it did 10 years ago, and getting it impossible and the subway is packed. Then add the extra \$50,000 anticipated visitors.

I don't think Toronto is ready.

There's no need for the flu shot

Everywhere I look these days, there are relentless messages about the latest flu strain, H3N2.

Instructions for proper handwashing are plastered everywhere. Bordes of alcohol based hand sanitizers are stocked in every corner and doctors urge us to live up for hours at a time to have our bodies exposed with pharmaceuticals processed through us. It all seems so crazy.

I believe the worst these are new strains of viruses is because of these virus are constant we have had drilled into our daily lives. Our own immune is over-extended.

Has anyone thought that perhaps these new viruses are



Ron Cooke
Columnist

Mother Nature's way of making the world. The world's population has skyrocketed over the last century but the Earth is only capable of supporting so many people.

I'm not saying this life is trivial, but how on earth are we supposed to protect everyone from life-threatening viruses such as the flu?

The influenza pandemic of 1918 killed nearly 50 million

people worldwide. Granted, the world's medical progress wasn't then what they are now, but imagine what our population would be now if that pandemic had been avoided.

I decided to write and the Internet the alternative ways to boost the immune system, and discovered an amazing website with just such an alternative. At one billion world.com, you'll find that apparently picking your nose and eating it can have the same effect as a flu shot (Come, I know, and come though I'm not willing to experiment with, but how interesting is that?)

Perhaps this is how prom-

ise you mentioned himself wrote the column and so on the.

"Just a second, Zep, I gotta pick the biggest and swallow it for my health," is what I imagine must have been saying his laughing partner.

Our immune system will handle all kinds of bacteria that we don't want to breathe into our lungs. The bacterium gets mixed with water (in our nose) and becomes sticky mucus.

Dr. Ferdinand Duchesneau, an American lung specialist who writes for the Internetworld.com and for self-care, has two reasons why picking your nose and eating it is a good for you. 1. It

is the mucus to get to these sticky mucus with your finger than a hanky, which traps your nose cleaner and 2. Once the mucus goes to your stomach it acts as a stool, like.

First of all, don't share this information with any child, even, or you'll have some real problems to deal with. Secondly, on the Internet, where you get a few inches before someone that eating your own stool is healthy, it is advised that you don't start such a disgusting habit because it is just plain gross.

Well DUH!! It makes me wonder what else we could eat? No, it won't even go there.

A PICTURE PERFECT SITTING IN THE PARK



PHOTO BY ALEX TREMBLE

On Nov. 5, Conestoga College student Kase DeLeon and four other budding photographers posed for their first take portrait in Kitchener Park in Kitchener. The students lasted 90 minutes, and there was a coffee table all proceeds going to research of infertility causes. The event was held in total silence about 10 miles. DeLeon, a part-time student in Conestoga's photography program, is also the new publisher of perspective writer for the magazine, Creating Families.



EVERY STORY BEGINS WITH A CONJECTURE

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Regurgitator grosses out students

By **DANE HARRISON**

Kevin Grant claims to be the only person who does what he does and regurgitates what he would want to follow in his footsteps.

From swallowing light bulbs to pool balls, and then bringing them back up on command, Grant is the world's only professional regurgitator.

On Nov. 3 he shocked Coconino students when he

performed his act in the gymnasium. In addition to swallowing light bulbs and pool balls he devoured candy, eggs and goldfish. He also popped balloons with nails in his stomach and swallowed...

brought a book up complete by day.

Grant grew up in Glasgow, Scotland as a foster home. He lived there for 15 years. He learned all his unusual talents at a young age when he needed to take over...

He turned his regurgitating tricks into a business by selling shows where he took from women. He played throughout the show about how it was spent, a day with him you would never have to see anything.



Kevin Grant, regurgitator, swallows a light bulb. (Dane Harrison) (Dane Harrison)



PHOTO BY DANE HARRISON

Kevin Grant, a professional regurgitator, shocked and amazed Coconino students Nov. 3 in the gymnasium by swallowing candy, light bulbs, pool balls, eggs and goldfish. He also popped a balloon in his stomach and drank what was in it to show his abilities.

Going Green

COMPOST
in the cafeteria

GOOD TO KNOW!

WHAT CAN BE COMPOSTED?

- 1. FOOD WASTE** - ie: leftover lunch including your cafeteria cutlery!
- 2. PAPER COFFEE CUPS** - no lids, they go in the plastics/glass bin!
- 3. SOILED PAPER** - ie: paper you accidentally spilled food on!

WHAT CANNOT BE COMPOSTED?

Styrofoam, metals, wrappers, food containers, cloth, waxed paper, coffee cup lids

martin

1. OUR COMPOST SITE PARTICIPATES IN THE ORGANIC PROGRAM.
2. IF IT IS DELIVERED TO THE OFFICIAL COMPOST FACILITY IN FLAGSTADIUM.
3. THE MATERIALS DO NOT HAVE TO BE SEPARATED FROM PLASTIC, AND THEN SET ASIDE IN THE OFFICIAL SEPARATION CHAMBER WHERE THEY GO TO BE SEPARATED AND THEN SENT TO THE COMPOST SITE.
4. THE COMPOST, AFTER IT IS DELIVERED TO THE OFFICIAL SEPARATION CHAMBER, IS PACKAGED BY THE OFFICIAL SEPARATION CHAMBER, SPECIFICALLY THE CHAMBER LATER, WHERE IT IS PACKAGED AND SET ASIDE TO BE COMPOSTED TO SOIL.

TRASH TRIVIA

An aluminum can is recycled and back on the shelves in how many days?

Send your answers to: compost@martin.edu

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1	5
FUN 25	6
3	COMPETE 3
PRIZES 15	

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ROOM 2A106

TUESDAY NOVEMBER 24TH
IN THE SANCTUARY AT 12:00PM



PHOTO BY JESSICA KAMRIN FOR WFOZ

James McMillan, left, and Nathan Robinson square off against each other in Super Smash Bros. Brawl during the Generation II event last week. Nathan is the president of Campus Gamers, a new Gamestop club for video gamers.

Students invited to join new gaming club

By JESSICA KAMRIN

Gamers have never really been the most social bunch. Campus Gamers is doing the best to change that quest and socially network its members.

Campus Gamers is a new club at Connecticut that was started by Nathan Robinson and alternate Farrel McMillan. Some of their objectives are to help members make new friends, host gaming tournaments and free play events that please the gaming community, and bring attention to gaming culture about partying, social, classes and not for profit organizations.

Last week marked Campus Gamers' premiere event, Generation II.

With help from Connecticut Students for social progress, new "Nathan Robinson" has also had two generations of Nintendo systems set up for free play. What was more surprising about the original

Nintendo, showing James Brawl characters on the Nintendo DS or breaking with a new Nintendo Wii, Connecticut students showed up to have fun with all these clubs.

"It [video games] brings people together," Anglin said, explaining why CSM was so eager to help out. "You don't have to speak the same language to play video games. Just pick up a controller and play."

A donation was sent up at each system where students could donate whatever they felt like. All donations were for Child's Play, a charity that donates video games and systems to sick kids hospitalized, including Vassar Hospital, the Sick Children.

Anyone who played was allowed the opportunity to fill out a ballot and enter to win either a DSX Vase gift card or a Nintendo DS and game.

Both these gifts were donated by CSM.

Campus Gamers is hoping that this first event got people talking about their club, and continued excitement.

"For our events, we want to focus on three things," Quade and Campbell are getting competitive gaming for those who want it and gaming charities."

Campus Gamers is already planning more events, including a "Gamer's Paradise" event showcasing the current generation of consoles as well as a "Bring Your Own Computer LAN party."

Both of these will hopefully be held before the end of first semester.

For more information about Campus Gamers and their future events, check out their Facebook page by searching for Campus Gamers.

You can also visit their web site: www.campusgamers.com

SHOPPERS SAVE AT SIDEWALK SALE



PHOTO BY MICHAEL FRANK

The bookshelves at Connecticut's largest 15,000-item sidewalk sale on Nov. 4. Sweaters and shirts were all marked down and people had fun looking through them for the right size. School supplies were also on sale which was great for those students who have already lost all of their gear.

OVERGROWN KIDS PLAY WITH TINY TRAINS



PHOTO BY MICHAEL FRANK

With winter just around the corner, people are moving to indoor activities. Model trains are enjoyed by young and old. There are many hobby groups including the Gough Model Railroad Society where hobbyists can meet and share ideas.



Last year, a new pacemaker implant saved Max's life.

Now he is speed with care with his pacemaker.



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A CHANGE IN THE SKYLINE



PHOTO BY GUY AROCH

This Cambridge water tower on Shattuck Hill, along with one on Edward Street, were deemed unnecessary by the Region of Waterloo and are being demolished. There was little path to land the tower.

COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete the inventory and then compare your score with the average scores.

- True ☐ False ☐ I have drunk 5 or more drinks in a row at least once in the last two weeks.
- True ☐ False ☐ I have drunk to intoxication at least once in the last two weeks.
- True ☐ False ☐ I have drunk eight in the last 3 months.
- True ☐ False ☐ I have drunk alcohol daily (at least 5 days of each week) for the last month.
- True ☐ False ☐ I have said or done something under the influence of alcohol I regret during the last 3 months.
- True ☐ False ☐ I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (i.e. talk, relax, be more outgoing).
- True ☐ False ☐ I've experienced a blackout (memory loss) while drinking in the last 3 months.
- True ☐ False ☐ I have driven under the influence of alcohol in the last 3 months.
- True ☐ False ☐ I have missed school or work due to the effects of alcohol at least once in the last 3 months.
- True ☐ False ☐ I have experienced withdrawal (shakes, sweats, flushed face) after stopping drinking in the last 3 months.
- True ☐ False ☐ My drinking has harmed my personal relationships in the last 3 months.
- True ☐ False ☐ During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended.

Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students' average score is 2-4. 84% of UWEC students score 5 or below. If an answer to any question or your total score concerns you, please consider talking to a counsellor at Counselling Services, 1A301.

"If alcohol is causing you or those around you problems, you have a problem with alcohol."

Sweet-smelling summer gig

By NICOLE FRANKS

The summer don't wait for flipping lemons.

Ann Canada is looking for new male and new female both who have to be at least 19 years old, has no substance use. Celebrate Good Summer Day.

In these tough economic times it might be hard to find work, once classes are over so this is a great opportunity for students.

This chance too will be set up in a great apartment in Toronto for the summer and also receive a salary of \$18,000.

10

It is the best summer job that anyone could ask for.

— Geoff Major

11

Drug Abuse is the broadest message for Ann Canada and to meet the position would also provide wonderful and lasting experience.

"It is the best summer job that anyone could ask for," he said.

Some of the duties do not involve will be expected to do include keeping a personal blog, working individually and as a team to conduct research on the Canadian drug, alcohol and substance use, and consumer research. Applicants should be active, social and fun.

In order to be eligible you must complete the online survey and include two references letters written by somebody of the opposite sex over the age of 18, and a picture or a video of yourself. You can also post off the survey and send your application to AEC Recruitment Office, c/o Postmaster 244 Adelaide St. E., Toronto, ON, M5A 1N1 with the picture or video. In your submission letter is at least 100 words and the video is three minutes in length, and the picture is a jpeg.

The deadline to apply is Nov. 22. To apply online and for more information visit www.aecrecruitment.ca.

Make this year a [greener] Christmas

by NICHELLE FARRER

This just the perfect Christmas treat when you opt-out.

The store can stay, but one tradition must change. With our family's products on everyone's mind, the next obvious step is making the tradition of gift giving a green one.

Every day new products are produced to help save the environment. Everything from clothes to thinking sustainable have become a lot, making a change for the better in many homes.

This year you can give back to Mother Earth.

Normally, creating an organic gift using the only natural products you can find is a challenge, but becoming an owner of the company must has changed that difficult process into an ordinary shopping trip.

Remember a year that sells only pure handmade products, is located in one of the best areas of downtown Toronto. They feature gifts suitable for every crowd on

family member, you even the hard to buy for ones.

There's almost product perhaps most appealing to teens is a stainless steel water bottle fashioned with the latest designs and colors. Running at \$19.95, is the newest gift you'll ever get them.

Others gifts for the family include those for the office home decor, beauty and bath, games and toys and countless others.

If you still can't find the perfect item, gift certificates are a lot.

Gifts for everyone you give the perfect earth-friendly present. They support buying the gift that never stops growing: a plant or tree. Or start producing items of their own or unique ideas.

For the fashionista in the group, give them what they love: the latest clothes, especially green ones.

Remember an eco-friendly before this Christmas may seem like a small step to making it a greener Earth, but it can literally make a world of difference.



This Christmas, focus on buying eco-friendly gifts for everyone in the family including the gardener, the fashionista and even the businesswoman.



Photo by NICHELLE FARRER

FARMER'S MARKET OFFERS CREATIVE GIFTS AND HOMEMADE BAKED GOODS



Photo by JESSICA BARNES

Melanie MacIn, owner, makes doughnuts at the South Plaster's Market, don't start making the sweet treats at 8:30 a.m. as they are ready to hit the cash at 11:30 a.m. The machine makes the doughnuts in minutes. Asgiro-Josh Williams, 30, a University of Guelph arts student, sells painted T-shirts at the market. They make unique Christmas gifts for the unique people in your life. The market is open year-round on Saturdays, 9 a.m. to 3 p.m.

Cross-country Condor defends title

By **DAVID BROWN**

It's time to run.

At least that's the mission of this year's cross-country running team, headed by vice captain Keith Smith. Yesterday, he's leading a good mix of runners, including James Bechold, 18, who won gold at the OCAA men's cross-country championship in Windsor on Oct. 31.

Bechold is a second-year student in Cambridge's reputation-building program, and is in his second year on the team. He beat John Mason and Thomas Yonkers of the Fanshawe Falcons. With the win, he advanced to the OCAA national championship, held Nov. 14 in Cambridge Alta.

"I've been running since I was 14," said Smith. He attended high school at Niagara College in Rochester.

The race in Windsor was more than just an 8-km run for Bechold.

"I've been training for this event since May, pretty intensely. I ran the Ontario last year and came seventh and I felt with my potential and what I did in high school, I could win," said Smith. "I actually stopped up since this and training went well, and going into the OCAA championships in Windsor, I'd won the event previous to that, so I was feeling pretty good."

Smith said the race went pretty quick as he started off covering the first kilometre in three minutes.

"I just tried to get out in good position and stay in one position."

A fellow teammate of Smith's also fared well in her 8-km event and is heading to Ontario with him.

"We have really awesome," said Heidi Bechold, 18. "Two have running for four years but I've never run this well."

Bechold finished 10th in the women's event and was the top Cambridge runner, qualifying for the Ontario playoffs in Ontario.

"The coaches are just great. Now I'm going to Alberta on a really exciting," said Bechold.

There were approximately 100 girls in the event, and seven from Cambridge. Bechold is a first-year now being student. She's been running since she was in high school.

"I was on the cross-country and track and field team for four consecutive years in my high school career," said Bechold. She spent all four of her years at Waterloo Collegiate Institute.

"I trained there, and I just started out with being running and I got better and better. Last summer I joined the Toronto track club and I trained there with them. I've been training with them for a year and I think that's why I did so well this year."

One runner they ran all back up to is David Sherratt, 20, who is in his final year of the mechanical technician (for general mechanic program at the college).



Heidi and James Bechold

Heidi (left) and James Bechold have been speaking for the cross-country team since its inception, and Heidi Bechold is currently in her first year on the team.

"When I first started we weren't very well known. It was only the second year the team was around," said Sherratt. "Then I came along and I think it helped because I won the provincial the first year and I was eighth at nationals. It really stepped up our program because I was the first individual champion since back in the early '80s."

The next year was even better for the Condors.

"We won provincials as a team and I won individual again," said Sherratt. "That put us a banner on a winning team and we got to put it up in the (recreation)."

Sherratt finished eighth at this year's OCAA men's cross-country running championships after winning the event last year. He went to Alberta with Smith, but not to

compete. Instead, he lost Smith company.

The Condors have not won the OCAA individual title three years in a row.

The event is one that Smith won't ever forget. "I got about a 20-second gap on everybody and actually passed the later that shows the runner where to go, so that was pretty good. I don't think that happens too often."

BAKED GOODS AND GAMES IN THE ATRIUM



People at annual bazaar.

Cambridge students enjoyed baked goods and played games in the atrium, helping to raise money for the United Way on Nov. 14. As of Nov. 10, Cambridge had raised \$60,798, surpassing the goal of \$60,000.



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